

# LYNN COUNCIL ON AGING SENIOR CENTER



**November  
2014**

**Lynn Council on  
Aging**

8 Silsbee Street  
Lynn, MA 01901

781-599-0110

## From the Director's Desk

In honor of all American veterans of all wars and times of peace - on the 11th hour of the 11th day of the 11th month, we would like to thank you for your service, heroism and courage. Our armed forces are the most respected in the world because of you. In the words of Michel de Montaigne, "Valor is stability, not of legs and arms, but of courage and the soul." Let us... Remember the sacrifices of the Veterans families. Remember the Veterans who are only here in spirit. Remember our returning Veterans whose lives have been changed forever and still struggle today. Remember the service men and women who are currently serving. Remember our Veterans advocates who dedicate endless hours in helping our Veterans. Remember our volunteers who donate their time and friendship to help. Remember our leaders who fight to support the funding of the Veterans Administration. Remember to appreciate the freedom a Veteran protected for you by defending and honoring our great country, the United States of America.

*~Stacey Minchello~*

## From Your Mayor

I hope you have had the opportunity to enjoy both the weather and the foliage this fall. While it is a very busy time of year for all of us with the holidays approaching, I urge you to take advantage of some of the upcoming events taking place throughout the city.

We are thrilled to welcome country superstar Martina McBride to the Lynn Memorial Auditorium on Saturday, Nov. 15. Also this month, British rock group Jethro Tull takes the stage on Nov. 1, blues musician Buddy Guy performs on Nov. 14 and Genesis' Steve Hackett will entertain on Nov. 19. Who's Bad - The Ultimate Michael Jackson Tribute Band will also perform on Nov. 8. Local musician Don White will perform on Nov. 29 will fellow Lynn musician Brian Maes. Both are 1974 graduates of Lynn Classical, so it is exciting to welcome them in front of their home audience. For all show times, ticket prices and to purchase tickets, visit the Auditorium Box Office at 3 City Hall Square or call the ticket booth at 781-581-2971.

Regardless of your affiliation, I encourage each of you to exercise your right to vote on Nov. 4. I know our seniors traditionally take this right more seriously than most and you are to be congratulated for that.

To celebrate Veterans Day on Nov. 11 and to honor all who have served, we will be hosting a ceremony in the Lynn Auditorium at 11 a.m. All are welcome to attend. Please Contact the Lynn Department of Veterans Services at 781-598-4000 with any questions.

The Lynn Museum will host its Artists at the Atlantic Auction on Saturday, Nov. 15 at 7 p.m. The live and silent auction will benefit both the museum and LynnArts. Auction items will include contemporary art from the exhibit as well as notable objects, memberships, tickets and gift certificates from local businesses.

Best wishes for a happy, healthy and blessed Thanksgiving with friends and family.  
Mayor Judith Flanagan Kennedy

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## Lynn Council on Aging Senior Center

### Publication funded by:

Executive Office of  
 Elder Affairs &  
 City of Lynn

### Meet the Staff:

Stacey Minchello  
 Director 781-599-0110 ext. 503  
 Rosa Paulino-Diaz  
 Assistant 781-599-0110 ext. 625  
 Kristi Harris  
 Assistant 781-599-0110 ext. 618

### Hours of Operation:

Monday thru Friday  
 8 a.m. to 4 p.m.

## LCOA Board of Directors

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Meets 4th  
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 monthly at  
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Meets last  
 Thursday  
 monthly at 10 am

## WASHINGTON D.C. Trip – September 2015

### Calling Veterans! Calling Community Partners and Sponsors!

5 days 4 nights Group tour bus trip-- All details to follow soon.

Budget plans available.

Visit the **White House, Capitol,  
 and War Memorials!**

Stay informed about this trip! If you want your name added  
 to our direct mailing list, please call Mayra at 781-586-8546.

**Interested in sponsoring this event?**

**Call Mayra at 781-586-8546.**



## NOVEMBER HAPPENINGS

Trip sign-ups begin, Monday, October 27th

- |               |  |  |
|---------------|--|--|
| Tues, Nov 4   | Election Day   | Vote Today!                                    |
| Tues, Nov 4   | <b>Blood Sugar AND Blood Pressure Clinic</b>   | 8:00 a.m. — 9:30 a.m.                          |
| Tues, Nov 4   | Birthday Karaoke   | 11:30 a.m. — 1:00 p.m.                         |
| Weds, Nov 5   | <b>FOOD STAMPS OFFICE HOURS</b>  | 9:00 a.m. — 12:00 p.m.                         |
| Weds, Nov 5   | <b>FREE SEMINAR: Veterans Aide &amp; Attendance Benefit</b>                                | 9:30 am Game Room                              |
|               | Brought to you by: <b>RIGHT AT HOME</b>  |  |
| Thurs, Nov 6  | <b>“BUTT OUT!” Day</b>   | 10:00 am                                       |
|               | Hosted by Simmons College nursing program under the direction of                           |  |
|               | <b>the Medical Outreach Program: Free smoking cessation tools and resources available.</b> |  |
| Thurs, Nov 6  | <b>Lunch Trip:</b>   | Old Country Buffet, Medford \$2 10:30 am — 2pm |
| Tues, Nov 11  | Veterans Day   | Center is closed                               |
| Weds, Nov 12  | <b>Lunch Trip:</b>   | Floramo's Everet \$2 10:30 am — 2pm            |
| Mon, Nov 17   | <b>Women's Group Meeting</b>   | 10 am — 11 am                                  |
| Tues, Nov 18  | <b>FOXWOODS CASINO \$27</b>  | 7am- 6:30 pm                                   |
| Weds, Nov 19  | <b>Shopping &amp; Lunch:</b>   | Salvation Army & China Buffet \$2 10 am — 2pm  |
| Thurs, Nov 20 | <b>“Lynn... the way you remember it!”</b>  | LCHS project 9:30 am Game Room                 |

Join the Lynn Classical High School students and help with a school project where you'll be able to enlighten them about what Lynn was like in the day and they will share their perspective today.

<b>Thurs, Nov 20 “PULL A POP” Fundraiser 12 pm</b> <b>Sponsored by the FRIENDS of LCOA</b> <b>Take a chance, win a gift certificate! \$1 a chance</b>
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- |               |  |   |
|---------------|--|---|
| Fri, Nov 21   | <b>BROWN BAG: BOSTON FOOD BANK</b>             | 10:00 a.m. — 12:00 p.m.                 |
| Mon, Nov 24   | MBTA trip to Boston for Senior Discount passes | 9:30 am - 2 pm                          |
|               | Lunch on your own at Wendy's on return trip    |   |
| Tues, Nov 25  | <b>Mary's Affordable Hearing Clinic</b>        | Walk ins welcome 9:00 a.m. — 10:00 a.m. |
| Thurs, Nov 27 | <b>Happy Thanksgiving!</b>                     | Center is closed                        |

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# NOVEMBER 2014

MONDAY	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Boneless pork chops/ gravy Garlic mashed potatoes Collard green WW bread Fruit cocktail ALTERNATIVE	<b>4</b> Chicken teriyaki Stir fry vegetables Brown rice WW bread ALTERNATIVE Macaroni and cheese,salad	<b>5</b> Salmon/dill sauce Red potatoes Green peas Muffin ALTERNATIVE Turkey/creole sauce	<b>6</b> Meatloaf/gravy Mashed sweet potatoes Spinach salad/dressing WW bread Vanilla pudding ALTERNATIVE Chicharon frito(pork)	<b>7</b> Turkey milanese Veg. rice pilaf Carrots Rye bread Fresh fruit ALTERNATIVE Stewed goat,yuca
<b>10</b> Cheese lasagna/tomato sauce Spinach WW bread Chocolate pudding ALTERNATIVE Egg salad sandwich/	<b>11</b>  HOLIDAY	<b>12</b> Lemon and garlic chicken Candied yams Broccoli WW bread Fresh fruit ALTERNATIVE Curried beef, Chipotle sweet potato	<b>13</b> WG baked pasta/cheese Garden salad/dressing Italian bread Fresh fruit ALTERNATIVE Southern baked fish Plantains	<b>14</b> Beef stew Beets WW bread Fresh fruit ALTERNATIVE WG cheese pizza Glazed carrots
<b>17</b> Chicken cacciatore Pasta Broccoli WW bread Vanilla pudding ALTERNATIVE Arroz con carmitas(beef)	<b>18</b> Tortellini/meat sauce Spinach salad/dressing Italian bread Fresh fruit ALTERNATIVE Tilapia/tomatillo salsa	<b>19</b> Latin style pork/gravy Mashed sweet potatoes Capri blend veg. Rye bread Fresh fruit ALTERNATIVE 3-bean chili/cheddar cheese	<b>20</b> THANKSGIVING SPECIAL Roast turkey/gravy/ stuffing Mashed potatoes Butternut squash Dinner roll Pumpkin pie	<b>21</b> Salmon/dill sauce Yellow rice Cauliflower/ red pepper WW bread Fresh fruit ALTERNATIVE WG cheese pizza
<b>24</b> Pot roast/gravy Seasoned potato wedges Italian blend veg. Italian bread ALTERNATIVE Cerdo asado(pork)	<b>25</b> Macaroni and cheese Garden salad/dressing WW bread Fresh fruit ALTERNATIVE Arroz con pollo(chicken)	<b>26</b> Stuffed shells/tomato sauce Broccoli Snack loaf Fresh fruit ALTERNATIVE Caribbean beef/yuca	<b>27</b>  HOLIDAY	<b>28</b> Rosemary chicken Red potatoes Green peas Fresh fruit ALTERNATIVE WG cheese pizza

ALL MEALS SERVED W/ BREAD AND 1% MILK

Requested Donation is \$2.00 per meal

# SENIOR CENTER ACTIVITIES • NOVEMBER 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET	SILSBEE STREET
9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii	9:00 -12 Wii
10:45-12:30 LUNCHEON	9:15-10:45 POKENO	9:00 – 1:00 HAIR SALON	9:00-10:30 WATERCOLOR PAINTING	9:30-11:15 TRIVIA PURSUIT TEAM PLAY
12:00-1:00 MEN SPORT'S CLUB	10:00-11:30 OIL PAINTING	9:30-11:00 ARTS & CRAFTS	10:00-12:00 KIOSK (IN2L)	9:30-11:00 KNITTING & CONVERSATION
12:30-1:30 COMPUTER TUTORING (SPANISH)	10:00-12:00 KIOSK FOR LIVING WELL (IN2L)	9:30-10:30 BEGINNER'S TAP	10:00-11:00 T.O.P.S. (Take Off Pounds Sensibly)	10:00-11:00 COMPUTER CLASS #1
1:00-2:45 BINGO	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	10:45-12:30 LUNCHEON	
	12:30-1:30 ESL CLASS	11:30-12:15 EXERCISE CLASS	10:30-12:00 ACRYLIC PAINTING	10:45-12:30 LUNCHEON
	1:30-2:30 IMMIGRATION INFO	12:30 – 1:30 VIDEO EXERCISE (IN2L)	12:00-1:30 FREE DANCE LESSONS	11:15-12:15 COMPUTER CLASS #2
	12:30 – 1:30 VIDEO EXERCISE (IN2L)	1:00 – 3:00 MOVIE	1:00-3:00 JAPANESE BUNKA EMBROIDERY	11:30-12:15 EXERCISE CLASS
	12:30-2:30 CRIBBAGE	1:00-3:00 'PENNY ANTE' POKER	2:00-3:00 HORSE RACE GAME	1:00-2:45 BINGO
	12:00-2:45 POKENO			
	1:30 BILLIARDS CLUB			
	2:00-3:00 GAMERS GROUP			

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ADAPTIVE UNITS

## CASINO TRIPS

Departs from Lynn  
Senior Center

**Foxwoods \$27**

7 am - 6:30 pm

Tuesdays: Nov. 18

Sign up early!!

We must have 40 paid reservations one week prior to departure date; otherwise we must cancel the trip. Sign up in person at the senior center. OR Mail in your registration and check.

*Bonus package:  
\$10 food coupon for retail food vendors  
or free buffet  
Plus \$10 bonus slot play added to your  
rewards card on the bus before entering casino.  
Remember to bring your rewards card!*



Casino Trips from Revere

**Mohegan Sun \$25 plus tip**

10:00 a.m. - 6:30 p.m.

Nov. 11 & 25;  
Dec. 9 & 23

**Twin River \$25 plus tip**

10:00 a.m. - 6:30 p.m.

Nov. 6 & 20;  
Dec. 4 & 18

Casino Trips from **REVERE!**



**Now Express!! Straight run -  
no stops! Call**

**Elaine at 781-289-6144 for reservation, questions, and pick up location/parking.**

## MOVIES...every Wednesday @ 1:00 p.m.

### Free Popcorn and Soda Wide Screen Plasma Home Theatre System

Nov 5	Heaven Is for Real (2014)	PG	99 min
Nov 12	Winter's Tale (2014)	PG-13	118 min
Nov 19	The Blue Bird (1940)	NR	88 min
Nov 26	Shane (1953)	NR	118 min



Don't be shy! Let us know if there's a movie you would like to see! Even if it's in the theatre now, we can queue it for months later.



## COMPUTER CLASS NOTICE

Classes are limited to **6** students with more one on one time for questions, practice and hands on applications. Classes are scheduled for **Fridays**. Each series is **five weeks** long and costs **\$60**. Pre-paid registrations hold your seat. Either sign up in person at the center or mail your check to:

**LCOA, 8 Silsbee Street, Lynn, MA 01901.**

Expect a phone call confirming your registration. **Questions?? Call Mayra 781-586-8546**

### COMPUTER CLASS DESCRIPTIONS:

**Introduction to Computers & Windows 7, Class #1**

**10:00 a.m. – 11:00 a.m.**

This basic introductory course is for students with little or no experience. This course will introduce the beginner to the basics in keyboard, mouse and computer operations. The student will learn the basics of Windows 7 and its functionalities, basic Word Processing, Terminology and some basic Typing. During this class, we will assist you in setting up an e-mail account and will cover some basics of internet.

**Next class: November 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, December 5<sup>th</sup> & 12<sup>th</sup>**

**Introduction to Computers & Windows 7, Class #2**

**11:15 a.m. – 12:15 p.m.**

This basic introductory course is for students with little or no word processing experience. This course introduces the beginner to the concept of word processing using Microsoft Word 2010. The student will learn to Create, Edit, Save, Open and Close Documents, Format, Insert and Print. This course is the progressive learning series that follows Class #1 in more depth including internet access.

**Next class: November 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, December 5<sup>th</sup> & 12<sup>th</sup>**

## Senior Tax Credit Applications for 2015 Available!

Call or stop in to the Lynn Council on Aging Center for your 2105 Senior Tax Work off Credit. This is a work program for seniors that generates a tax credit on your property tax bill. This is not an senior citizen tax abatement based on age only.

### Qualifications:

- \* Over 60 years of age.
- \* Homeowner or spouse of homeowner (primary residence only)
- \* Lynn resident for minimum of five (5) years.
- \* Income eligible; based on the state Circuit Breaker guidelines: below \$48,000 for single homeowner; \$72,000 for couple. Copy of income tax return is required with application. If no tax return filed, applicant must submit an IRS Form 4506-T for verification of non-filing.
- \* City employees (individuals on the municipal payroll, full or part time) and their immediate family are not eligible for this program.
- \* C.O.R.I check, Privacy Statement, and Confidentiality Agreement required.
- \* **Applications must be filed at the Mayor's Office's Office no later than January 31st of the fiscal year to participate in the program.**
- \* Senior Abatement Committee, consisting of the Director of Assessing or designee, a designee of the Mayor's Office, a designee of the City Council, and a designee of the Council on Aging, will review all applications and determine participants accepted into lottery.
- \* Maximum annual abatement of property taxes shall not exceed \$600.
- \* Abatement earned is considered taxable income for federal tax purposes only (not taxable for state tax purposes) even though the City is not obligated to issue a Federal 1099 form for payments less than \$600. (A tax advisor should be consulted as to federal reporting requirements)
- \* **Program begins December 1 and ends November 30 or once the applicant earns gross wages of \$600.**
- \* Hourly rate paid will be the State minimum wage as of January 1st each year. The currently hourly minimum wage rate is \$8.00 per hour.
- \* Applicants must apply and be subject to the lottery process annually for participation in the program.
- \* Rules and guidelines will be reviewed periodically and changes will be made as necessary.



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## Wellness Watch November 2014

It is that time of the year again to start preparing for flu season. Many clinics are providing flu shots already in attempts to help people prevent getting infected. What exactly is the flu? The flu, or influenza, is a contagious virus that affects the nose, throat and lungs.

Signs and symptoms of the flu include:

- Fever or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.



It can be passed through the air by water droplets from those infected who cough or sneeze. It is possible for someone to catch the flu by touching a surface where water droplets have landed and then touching their own mouth, nose or eyes, however this is less common. A person is contagious, before symptoms appear as well as during the period of sickness. The period of contagiousness begins one day before symptoms develop and up to five to seven days after becoming sick.

The flu is impossible to predict year to year, but it is important to know the risks. People in high risk categories include: older people, young children, pregnant women and people with certain health conditions such as asthma, diabetes or heart disease. Over the past thirty years the amounts of flu-associated deaths in the US range from 3,000 to 49,000 people. The flu can often progress into more serious health issues. These include bacterial pneumonia, ear infections, sinus infections, dehydration and worsening of chronic medical conditions such as congestive heart failure, asthma or diabetes.

According to the Centers for Disease Control and Prevention, the single best way to prevent the flu is to get a flu vaccine each season. The traditional flu vaccine is made to protect the body against three different flu viruses. There are also vaccines made to protect against four different types of flu viruses. Vaccines are currently available and are recommended to be taken at least two weeks before peak season, which can be as early as January.

For more information visit [www.cdc.gov/flu](http://www.cdc.gov/flu)

*Kelsey Spotts- Healthy Living Program Community Coordinator*

## Veterans Day at the Kiosk

The Kiosk for Living Well will honor Veterans again this year on Thursday November 13. We invite everyone to bring in any and all memorabilia from your military experiences for an adult show-and-tell. Bring in commendation letters, medals, hats, and/or uniforms! Or bring your service photos to have them scanned and emailed. Together we will use a little technology to find old and new pictures of bases where you or your loved ones have served.

All veterans will receive a pin-on ribbon of thanks for service to our country.



*The Kiosk for Living Well* will be open the week of Veterans Day on Thursday, November 13 from 9:00 am to Noon. Veterans encouraged! In addition, the Kiosk exercise classes take place on Tuesdays and Wednesdays from 12:30 to 1:30.



## Shopping at the Supermarket

K P N Q M W U E B A E L I S T P F L S K  
 S A V I N G S S O D A T R A Y G Z U D C  
 H P E L P M A S E E R F E U Z R P M O Z  
 O E R N K Y O T R L R M I T O E I X O L  
 P R E T T U B E S O S N H O R L X A G S  
 P P R O D U C E Z A T I S M K Q F R D I  
 I R G I E E O E H Y P M A A V R L S E Q  
 N O C Y L K N K Y U L R C T N E G F N I  
 G D U A I F Y T C Y K V I I P G X I N U  
 C U S T O M E R S E R V I C E I A Q A J  
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canned goods

pasta

display

free sample

meat

soda

automatic door

lines

credit

dairy

## Annual Pull a Pop Fundraiser



Thursday, NOVEMBER 21st      12 noon



\$1 per chance Pull a pop, if stem is colored- win a gift card!

~Sponsored by the FRIENDS of the Lynn Council on Aging~  
ALL Proceeds benefit the Lynn Senior Center!!

Donors/businesses will be listed in the December newsletter.

## Lynn Senior Center Holiday Party

**MARK YOUR CALENDARS!!!**

**Happy Hanukkah! Merry Christmas! Happy Kwanza!**

**WEDS, DECEMBER 10th, 2014**

**Entertainment by Jim Moses**

**Catered by Affairs Catering**

**Purchase your ticket (\$4) in person on  
Friday, November 21<sup>st</sup> starting at 9 am**

**Registered participants only, limited seating. First come- First Serve.**

**This event is generously sponsored by  
the FRIENDS of Lynn Council on Aging.**

**Meal served promptly at 11 am – stand by seating starts simultaneously.**



## IN LOVING MEMORY

In loving memory of my wife,  
**Dr. Thelma Berger**  
 ~Dr. Harvey Berger

Thank you for your donation  
 ~Sophie Karampoulis



## DEDUCTIBLE DONATION

GE matches all donations made  
 from GE workers and retirees.

Please consider making a tax deductible donation to assist the FRIENDS in raising funds to enhance the center. In memory or in honor of a loved one, donations will receive acknowledgement in the LCOA's monthly newsletter. Thank you in advance for your support. Families of those honored will be notified of your generous contribution. Please make check payable to: FRIENDS of LCOA



Please accept my donation \$ \_\_\_\_\_

In memory of      In honor of      In appreciation of

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# Hair Salon

## SOPHIE'S SALON

WEDNESDAYS  
9:00 AM—1:00 PM

WASH & CUT	\$10
WASH, CUT & BLOWDRY	\$15
WASH, CUT & SET	\$15
COLOR	\$20
PERM	\$40
WAX	\$5

WALK-IN OR APPOINTMENTS

## MEDICAL OUTREACH PROGRAM OF GREATER LYNN

THURSDAYS  
9:30 AM—11:30 AM

Capture the Pride!



Lynn Council on Aging Senior Center

## WELLNESS OFFERINGS

### EYEGGLASS CLINIC

November 4th

10:00 am—11:00 am

By: Mr. Specs



### BLOOD SUGAR & BLOOD PRESSURE

November 4th

8:00 am—9:30 am

\*note time change\*

Nurse available for any health questions.



### HEARING CLINIC

November 25th

9:00 am—11:00 am



### PODIATRIST

November 13th

10:00 am—12:00 pm

Call for appointment. Bring Insurance Card



### MASSAGE THERAPY

1:00 pm—3:00 pm

Call for an appointment.



### LYNN COUNCIL ON AGING SENIOR CENTER

8 SILSBEE STREET  
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